

# EVERS POOL

## *Spring 2006*



**SEATTLE PARKS  
AND RECREATION**

500 23rd Avenue ♦ 206-684-4766



### **April Pools Day**

Come join us on this nationally recognized water safety awareness day. Our lifeguard staff will host games and demonstrations centering on water safety techniques and water safety issues. While designed primarily for kids ages 4- 12, there will be helpful water safety tips and information available for people of all ages. We will also raffle off prizes for participants!

**Saturday      April 22**

# Medgar Evers Aquatic Center

500 23rd Ave., Seattle, WA 98122

206-684-4766

visit us at [www.seattle.gov/parks/aquatics/everspool.htm](http://www.seattle.gov/parks/aquatics/everspool.htm)

## Spring 2006 — Hours of Operation

Monday—Friday 11 a.m. – 8 p.m.

Saturday 8:30 a.m. – 5 p.m.

## Professional Staff

Kristen Schuler, Coordinator

Timothy Ewings, Assistant Coordinator

Erika Payton, Pool Maintenance

Shanna Buchanan, Cashier

Alvin Barnes, Senior Lifeguard

Amber Davis, Senior Lifeguard

Rachel Leitner, Senior Lifeguard

Lauren Wanwig, Lifeguard

## Holiday Closures:

Medgar Evers will be closed on,

Memorial Day, Monday, May 29

## Fees And Rental Information

### Recreation Swim Fees:

Under 1 year:	Free
Youth (1–18 years)	\$2.75
Adults	\$3.75
Seniors (65+)/Special Populations	\$2.75
Recreation Swim Card (\$22 value)	\$20.00

### Fitness Fees:

Adults:	\$4.75
Seniors/Special Populations/Youth	\$3.00
Fitness Card (\$33 value)	\$30.00
Weight Training Area (18+)	\$2.00
with pool admission	\$1.00

### Monthly Passes:

Adult FAST Pass	\$45.00
Senior/Youth/Spec Pops FAST Pass	\$35.00

### Rentals:

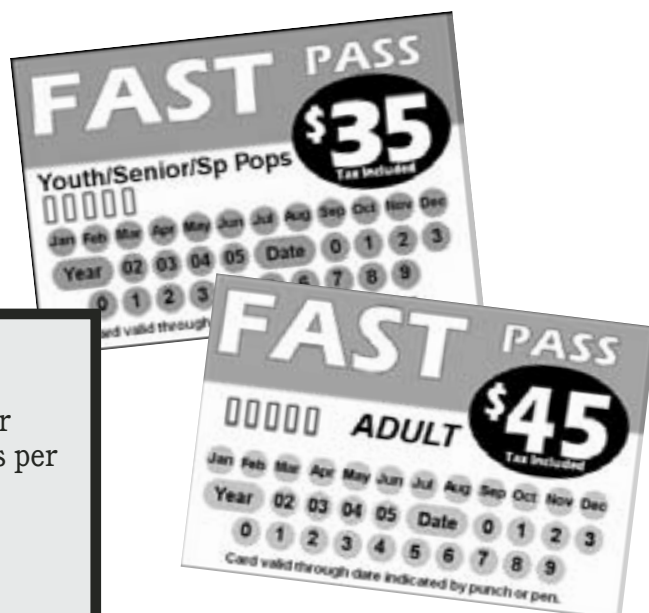
Towels	50¢
Just a Shower	\$3.75
Lockers	25¢

## Pool Rentals

Diving board, rope swing, presents and fun. Medgar Evers Pool will host your special events and birthday parties. For more information, call 206-684-4766 during operating hours or visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). Please allow two weeks advance notice for all rental requests. Payment required to hold reservation.

## Why Buy the Monthly FAST Pass?

- You save money if you lap swim 12 times per month or participate in 10 Fitness Programs per month.
- It's good at all Seattle Parks Department swimming pools.
- You get to skip to the front of the line!



## General Information

- Water temperature: 85 degrees
- Depth Range: 3–12ft.
- 72 lengths = 1 mile
- Served by metro buses: 3, 4, 48, 84
- Pool lift and portable steps for non ambulatory persons
- Two ADA-accessible Family Changing Rooms
- Please use the recycling containers or garbage cans located in the lobby
- Children 6 years and older must use the appropriate gender locker room
- Absolutely no glass

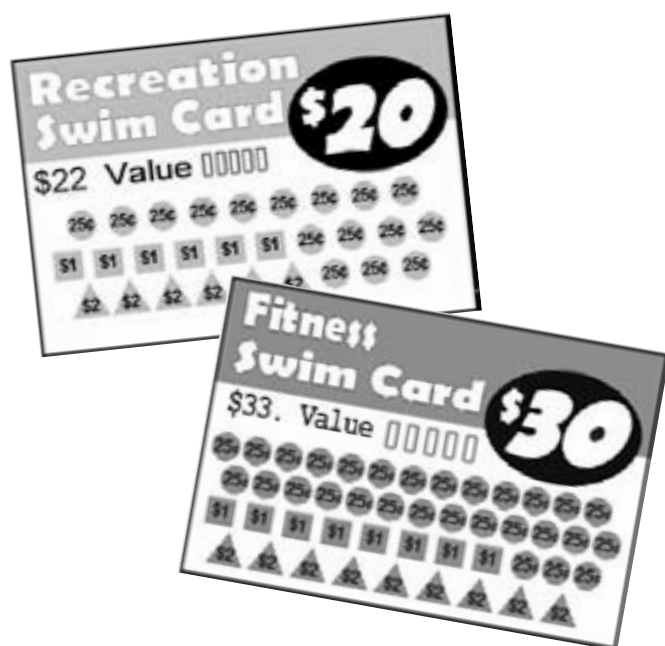
### Redwood Cedar Sauna

The sauna is available during all of our hours of operation. Children 17 and under *must* be accompanied into the sauna by a parent. Admission fee is required.

### Weight Training Area

Build/tone muscle and increase strength. Use our weight training area. It includes a Universal Machine, a Smith Machine, and an assortment of free weights. Open during normal hours of operation to adults, there is a separate usage fee and participants are asked to sign in each time. Off limits to children age 17 and under.

Drop in: \$2 (\$1 with pool admission)



## Recreational Swimming

### Lap Swim

Different strokes for different folks. A lane for each level of swimming. Lap Swim is offered while other fun programs are happening. Lanes available vary between 2 and 6.

**Mon – Fri** 11a.m. – 4 p.m.

**Mon – Thu** 5:30 – 8 p.m.

**Fridays** 5:30 – 6:30 p.m.

**Saturdays** 8:30 a.m. – 5 p.m.

### Early Morning Lap Swim

Spring into your day early and full of energy. Speed up your metabolism for the rest of the day. Come to early morning lap swim. **Please bring recreation card or check to pay.**

**MWF** 6 – 7:30 a.m.

### Public Swim

Water basketball and noodles a good time for all ages. Send your children or make it a family outing. *Children under 4 feet and/or under 6 years of age must be accompanied into the pool by an adult.*

**MWF** 6:30 – 8 p.m.

**Mon – Thu, Sat (shallow end)** 4 – 5 p.m.

**Fridays (shallow end)** 4 – 5:30 p.m.

**Saturdays** 1:30 – 2:50 p.m.

### Family Swim

The family swim is a public swim just for the families. A parent/guardian must accompany youth age 17 and under into the water. This is an excellent time to bring very young children in to practice swimming skills and have fun. Unaccompanied adults are also welcome.

**M/W (shallow end only)** 1 – 2 p.m.

**Tue/Thu (shallow end only)** Noon – 1 p.m.

**Saturdays (shallow end only)** 10 – 11 a.m.

### Pool Playland

A fun, mellow swim for tots and their parents.

**Tue/Thu (shallow end only)** Noon – 1 p.m.

**M/W (shallow end only)** 1 – 2 p.m.

## Fitness Programs

### Shallow Water Exercise

Burn Calories, Tone Muscles, Energizing Music and Motivational Instruction. Designed for the able as well as the fit. This class gets your heart pumping with minimal impact on your joints. Our water pushes you... as hard as you push our water.

**Tue, Thu** 7 – 8 p.m.  
**Saturdays** 9 – 10 a.m.

### Adapted Water Exercise/ Water Walking

This class is appropriate for anyone who wants a good joint healthy workout. It is great for people with arthritic conditions and other physical limitations where joint mobility and flexibility is the priority. It is also beneficial for pregnant women even in the third trimester. The aerobics portion of this workout is low impact and features big band and jazz music.

**Mon, Wed** Noon – 1 p.m.

### Deep Water Aqua Jogging

Build strength and endurance, increase muscle tone, lose weight, and/or speed up recovery from an injury with this great water aerobics class. Flotation belts are provided for an impact free workout.

**Mon, Wed** 6 – 6:45 p.m.  
**Fridays** 5:30 – 6:15 p.m.



### Masters

Friends, Fitness, Stroke tips and Motivation. Take the next step and let our experienced swim coaches improve your technique and get you in shape. This is a mature friendly workout designed to challenge **YOU**.

**MWF** 6 – 7 a.m.  
**Tue, Thu** 7 – 8 p.m.

## Swimming Lessons



Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all **3rd and 4th** grade students enrolled in **Seattle Public Schools**. The **FREE** swim lesson program is available for the first-time beginner as well as the more advanced swimmer.

**For “Learn to Swim” information, please call your local Seattle Parks and Recreation swimming pool or visit the web:**

**[www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)**

### Hints for Swimming Lessons

- Please sign up for the correct age group lessons
- Children must be at least 6 months for tot lessons and one parent per child needs to be in the water
- Children must be at least 4 and not older than 5 for kinder lessons.
- Children must be at least 6 for youth lessons.
- Children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits.
- Have fun swimming by bringing children to Public or Family swims. Separate fee required.
- We do not give credits or make-ups for occasional missed classes.
- Please stay away from the pool edge while classes are going on. Leave questions and concerns with the cashier or pool manager.
- Please stay in the spectator area during lessons and keep children not in the program with you.
- Please limit shower time in order to conserve water.
- A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

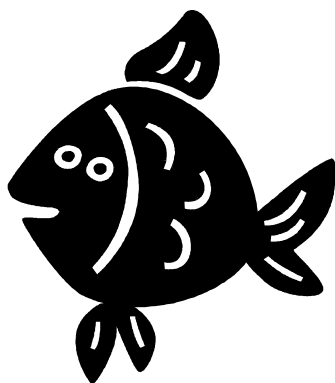


# Swimming Lessons

## Parent-Tots (6 months – 4 years)

Songs, Fun and a healthy aquatic start, this class introduces you and your child to the swimming pool. Learn basic swim skills with an emphasis on enjoyment and relaxation.

<b>Tue/Thu</b>	<b>11 – 11:30 a.m.</b>
<b>Tue/Thu</b>	<b>6:30 – 7 p.m.</b>
<b>Saturdays</b>	<b>11 – 11:30 a.m.</b>



## Three-Year-Old Lessons

The next step after Tots class and strictly for three-year-olds. Your child's first class where you stay dry. Basic water adjustment and swimming skills are introduced with an emphasis on enjoyment and relaxation.

<b>Tue/Thu</b>	<b>11:30 a.m. – Noon</b>
<b>Tue/Thu</b>	<b>6:30 – 7 p.m.</b>
<b>Saturdays</b>	<b>Noon – 12:30 p.m.</b>

## Kinder Lessons (4 – 5 years)

Designed to teach the basic skills of swimming and water safety. Enroll, to build your child's confidence so (s)he may continue to more advanced swimming skills.

<b>Mon/Wed</b>	<b>11:30 a.m. – Noon</b>
<b>Mon/Wed</b>	<b>6 – 6:30 p.m.</b>
<b>Tue/Thu</b>	<b>6 – 6:30 p.m.</b>
<b>Saturdays</b>	<b>11 – 11:30 a.m.</b>
<b>Saturdays</b>	<b>3:30 – 4 p.m.</b>

## Youth Swim Lessons (6 years & up) Levels 1 – 5

The American Red Cross lesson format provides a steady progression of swimming classes for youth ages 6 and up.

**Level 1 Introduction to Water Skills**

**Level 2 Fundamental Aquatic Skills**

**Level 3 Stroke Development**

**Level 4 Stroke Improvement**

**Level 5 Stroke Refinement**

Children will be evaluated and placed into the appropriate level on the first day of class (unless they have a progress report from the previous session that shows which level they should be in).

<b>Mon/Wed</b>	<b>5 – 5:30 p.m.</b>
<b>Mon/Wed</b>	<b>5:30 – 6 p.m.</b>
<b>Tue/Thu</b>	<b>5 – 5:30 p.m.</b>
<b>Tue/Thu</b>	<b>5:30 – 6 p.m.</b>
<b>Saturdays</b>	<b>11:30 a.m. – Noon</b>
<b>Saturdays</b>	<b>3 – 3:30 p.m.</b>

## Special Populations Lessons

Small or individualized classes for patrons with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. For additional Special Populations programs, call 206-684-4950. To arrange for swim lessons call 206-684-4766.

## Adult Lessons (13 and up)

Swimming lessons are offered for all levels, from basic water adjustment to advanced swimming skills.

<b>Tue, Thu</b>	<b>6 – 6:30 p.m.</b>
<b>Saturdays</b>	<b>Noon – 12:30 p.m.</b>

## Private Swim Lessons & Videotaped Stroke Analysis

Jump start your learning. Our swim instructors give you the individual attention you need to learn swimming now. Private lessons are especially helpful for those who are trying to get over a hump, learning a new stroke, or training for a triathlon/open water swim.

**NEW** CD/DVD of your stroke costs an additional \$10.

**Fees: \$25 1/2 hr Private, \$35 for 2 students**

## Special Events

### Family Dive-In Movie Night

Swimming fun for the whole family. Enjoy swimming with all the lights out while watching a family-appropriate film! Popcorn will be sold for a dollar. All movies start at 6:30 p.m.

#### Sponge Bob Square Pants

Rated PG

Fri, Apr 21

#### Scooby Doo

Rated PG

Fri, May 19

#### Jungle Book 2

Rated G

Fri, Jun 16

#### A Bugs Life

Rated G

Fri, Jul 21



### Summer Swim League Evers Pool

Summer Swim League helps bridge the gap between our lesson program and the USS/USA Swim Clubs. We hope to provide a positive team experience for novice swimmers, as well as teach the skills needed to become competitive swimmers in a fun, low-pressure situation.

**Age:** 7-18 years old

**Starts** June 26, 2005

**Fee:** \$80.00

**Registration** begins Monday May 22nd, 2006.

### American Red Cross Lifeguard Training

#### Spring Break

American Red Cross Lifeguard Training will certify individuals in Lifeguarding, First Aid and CPR for the Professional Rescuer. Participants must attend all the sessions to be eligible for certification.

**Age:** Must be 15 years old

**M-F** 9 a.m. – 4 p.m. April 10–14

**Fees:** \$90.00 Pretest 6:30 p.m. April 7

# Swimming Lessons

\*A minimum of four students is required for all swimming classes.  
Programs may be combined or canceled if minimum enrollment is not met.

## Spring Registration begins Monday, March 27th

### No Diving Class 4/21, 5/19, 6/16

Class	Day	Time	Dates	# of lessons	Fee
Tots	TTH	11-11:30am	4/4-5/11	12	\$60.00
Tots	TTH	6:30-7pm	4/4-5/11	12	\$60.00
Tots	SA	11-11:30am	4/8-6/17	11	\$55.00
3 year olds	TTH	11:30-noon	4/4-5/11	12	\$96.00
3 year olds	TTH	6:30-7pm	4/4-5/11	12	\$96.00
3 year olds	SA	12-12:30pm	4/8-6/17	11	\$88.00
Kinders	MW	11:30-noon	4/3-5/10	12	\$60.00
Kinders	MW	6-6:30pm	4/3-5/10	12	\$60.00
Kinders	TTH	6-6:30pm	4/4-5/11	12	\$60.00
Kinders	SA	11-11:30am	4/8-6/17	11	\$55.00
Kinders	SA	3:30-4:00pm	4/8-6/17	11	\$55.00
Youth Level 1-3	MW	5-5:30pm	4/3-5/10	12	\$60.00
Youth Level 1-5	MW	5:30-6pm	4/3-5/10	12	\$60.00
Youth Level 1-3	TTH	5-5:30pm	4/4-5/11	12	\$60.00
Youth Level 1-5	TTH	5:30-6pm	4/4-5/11	12	\$60.00
Youth Level 1-5	SA	11:30-noon	4/8-6/17	11	\$55.00
Youth Level 1-5	SA	3-3:30pm	4/8-6/17	11	\$55.00
Adult/Beg&Adv	TTH	6-6:30pm	4/4-5/11	12	\$60.00
Adult/Beg&Adv	SA	12-12:30pm	4/8-6/17	11	\$55.00
Diving	F	6:30-7:15pm	4/7-6/9	8	\$60.00

## Spring Session II

### No Class Monday, May 29th

Class	Day	Time	Dates	# of lessons	Fee
Tots	TTH	11-11:30am	5/16-6/15	10	\$50.00
Tots	TTH	6:30-7pm	5/16-6/15	10	\$50.00
3 year olds	TTH	11:30-noon	5/16-6/15	10	\$80.00
3 year olds	TTH	6:30-7pm	5/16-6/15	10	\$80.00
Kinders	MW	11:30-noon	5/15-6/14	9	\$45.00
Kinders	MW	6-6:30pm	5/15-6/14	9	\$45.00
Kinders	TTH	6-6:30pm	5/16-6/15	10	\$50.00
Youth Level 1-3	MW	5-5:30pm	5/15-6/14	9	\$45.00
Youth Level 1-5	MW	5:30-6pm	5/15-6/14	9	\$45.00
Youth Level 1-3	TTH	5-5:30pm	5/16-6/15	10	\$50.00
Youth Level 1-5	TTH	5:30-6pm	5/16-6/15	10	\$50.00
Adult/Beg&Adv	TTH	6-6:30pm	5/16-6/15	10	\$50.00

## Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible or if it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund only if he/she drops a class and notifies the program coordinator, *prior to the second class session*. The pro-rated class fee plus a service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.